



ADDENDUM I

ARTICLE 1 DEFINITION

1. **League:** The Eastern Suburban Football League. It may also imply communication to a Member of the Executive Board.
2. **Board:** The directors who are elected, chosen or appointed by their respective franchises.
3. **Executive Board:** The officers of the League as elected by the Board. These positions include President, Vice President, Secretary and Treasurer.
4. **Franchise** (also referred to as a Member): Each member organization which consists of Four (4) teams: a varsity, junior varsity, freshman and Flag squad. Each organization may include a cheerleading program. Each organization has until 2014 season to implement this rule.
5. **Team** (also referred to as a unit): One of the three tackle units within a franchise, a flag unit, or one of the three cheerleading units.
6. **Coach:** An authorized instructor, who is a member of a franchise, has acknowledged and understands the provisions of the Code of Conduct for Coaches, has submitted a signed copy of same to the League and whose name appears on the official roster submitted to the League.
7. **Participant:** A registered member of the franchise.
8. **Eligible Participant:** A registered/rostered participant who meets the criteria as set forth hereinafter.
9. **In-eligible Participant:** A registered/rostered participant who does not meet the criteria as set forth hereinafter.

ARTICLE 2 PLAYING RULES

1. All rule shall be adhered to, without exception, and shall not be overruled by anyone, including members of the ESFL board and/or referees
2. The rules of the Michigan High School Athletic Association shall apply except as hereinafter noted. All the rules of the League will be binding on all members without exception.
3. Each game shall be administered by a minimum of two (2) officials – the final number to be determined by the Board of Directors of the Eastern Suburban Football League in any given year.
4. Flags or approved markers shall be required at the goal line.
5. The official football will be the following: Varsity will use Wilson TDY and Freshman and Junior Varsity will use Wilson TDJ. All game balls will be purchased from the ESFL. Wilson will emboss the ESFL logo on all balls.
6. Numerals at least six (6) inches in height shall be required on the back of the jersey; and numerals of at least four (4) inches on the front of the jersey.
7. All ESFL games shall be played in four (4) quarters of twelve (12) minutes each. There will be twelve (12) minute intermission at the half, or differently arranged to accommodate a special event. The total of three half times must equal 36 minutes combined. Subsequent games will start as soon as the preceding game is completed. Periods may be shortened in an emergency by agreement of the head coaches or by the referee, provided it is done before the game begins and so that all periods are the same length. Any remaining period may be shortened by mutual agreement of both head coaches and the referee during the intermission.
8. The referee shall notify both benches when there are four (4) minutes remaining in each half. This shall be an officials' time-out, not chargeable to either team, the exception being that it be treated as any other time-out in duration and also allowing the coaches to confer with their teams. Each team will receive three (3) one-minute time-outs per half, not to include the four (4) minute warnings. The four (4) minute warning shall be called regardless of who keeps the official clock.
9. The game shall be played on a regulation football field. In cases where there is an exception to this rule, procedure would follow by mutual consent of the competing teams.
10. The wearing of an attached mouthpieces shall be required. The penalty for failure to wear a mouthpiece shall be as stipulated by the Michigan High School Athletic Association Rules, which shall be offered to each ESFL franchise by the ESFL.
11. Wireless, or wired, communication devices are allowed in any game between the bench, press box and a spotter in another location. This rule includes the use of telephones, walkie-talkies, or any other electronic device.



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12. When, during the course of a game, the difference in the scores of the two (2) teams becomes twenty-four (24) points or more, the trailing team will have the option of receiving the ball on the 50 yard line instead of an ensuing "kick-off" except after a safety. This will continue until the difference in the scores of the two (2) teams shall be reduced to less than twenty-four (24) points. During this time there shall be no restriction placed on the type of plays that either team may run. A running clock may be requested at the option of the trailing team's head coach until the score is less than twenty-four (24) points. During the time that there is a running clock, the referee will stop the clock at the six (6) minute mark, in addition to the four (4) minute warning, to enable teams to make substitutions based on the four (4) play per half rule. This is not to be used as a time-out and no conferences with the players will be allowed. The only exception to the running clock is during extra points and all injuries when the clock will be stopped and not started until the ball is snapped on the 50-yard line or when the injured person is removed from the field.
13. If, at the end of the fourth quarter, the teams have identical scores, the referee will set the ball on the ten (10) yard line and each team will have four (4) downs to score. The visiting team tries first followed by the home team. If the score is identical after both teams have run their four (4) plays the game shall go into a second and final over time. The referee will set the ball again on the ten (10) yard line and each team will have four (4) downs to score. The home team tries first followed by the visiting team. Point after touchdown attempts shall be made from the two (2) yard line. Two (2) points shall be awarded for a kick, and one (1) point for a run or pass, if successful.
14. The home team shall provide three (3) adults to work on the chains and down box; and they shall work on the visitor's side of the field. They should be aware that they are supplementary officials of the game and should conduct themselves accordingly. They are supervised by the officials on the field first, and then by the highest ranking home franchise official.
15. **In the event a team forfeits due to the failure to appear at a field and/or lack of proper number of players, the forfeiting team shall be responsible for any referee fees that may be payable.**
16. No team shall be allowed to enter any team room, locker room or warming room of any kind without the same opportunity for the opposing team.
17. Game practice and player participation. All players dressed must have game participation in each game, with the following exceptions: Players who are reported overweight. Players who are not physically fit due to health restrictions. Players who are being disciplined. Players dressed and sitting in the perimeter of the bench who have been judged to be unfit to play as described above will be identified by removing his/her shoulder pads.
18. It shall be required that every player determined to be in the playing group as specified above must play at least four plays per half. It is the duty of each member organization to see that the players are given proper opportunities for game and practice participation.
19. Game announcers shall only announce after the play has occurred. Announcing shall not occur before or during a play.
20. Each franchise MAY charge a gate fee for their home games of \$3.00 for adults and kids 13 and under are free. Host team is responsible for collecting gate fees and all fees collected go to the host team.
NOTE: Participants, staff and league officials are free.

ARTICLE 3 ELIGIBILITY RULES

1. **AGE**
 - a) **A.** The league age of a player, eight (8) thru Fourteen(14) years of age, is that age attained prior to August 1st of the playing year. For example, a player whose 12th birthday falls on August 1st, has a league age of 11 years.
 - b) All players must provide a certificate of birth to the League Executive Board to be kept on file with the League Registrar.
 - c) ALL PARTICIPANTS that have been on the official roster of a team/club in another tackle football program during the months of August thru November in the same calendar year, shall not be eligible to participate in the ESFL.
 - d) **Freshman** – Only players eight, nine and ten years old
 - e) **Junior Varsity** – Only players nine, ten, eleven and twelve year olds
 - f) **Varsity** – Only players ten, eleven, twelve, thirteen and with a limited exception 14
 - g) **Flag** – Only players six, seven and eight years old.



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2. **WEIGHT**

- A. The weight referred to hereinafter shall be the weight of the player in full uniform as described below.
- B. The official weight of the player shall be determined by the equipment required to be worn at the weigh in. These equipment items include: Jersey, shoulder pads, pants, tailbone pad, thigh pads, knee pads, hip pads, supporter with cup. Female players shall disregard supporter and cup, and must wear female protective device. If player comes to the official weigh in without any one of the above listed items he/she will not be eligible to participate for that days game. The helmet, shoe and socks and any additional protective or weather related equipment need not be worn at the official weigh in. However these items (if used) must be brought to the scale and be put on immediately after weigh in. Changing of equipment shall not be allowed after weigh in except for equipment soiled by blood or equipment that has failed.(see Article 2, Rule 18).
- C. Football shoes with unitized, molded rubber, or plastic composition soles with built in or molded cleats or NON METAL screw-in type spikes must be worn by all players. The shoe top may vary in height and cut, and may be made of canvas, leather, or other synthetic material. Any and all players found to wearing screw-in type spikes with metal, (other than the set screw) from the time he/she goes to the official weigh-in through the current day's game, shall be removed from the current days game and be suspended from playing in the next regularly scheduled game. If it is the last game of the season, said player shall be suspended from the first (1st) scheduled game following ESFL season.
- D. **Freshman Weigh in time is 30 minutes before the game time** ,all other weigh-ins must start at the beginning of the third (3rd). All players must be weighed in before the start of their game.
- E. There will shall be no deal's or gentleman's agreements at the scale by any franchise or franchise's. Any franchise or franchises caught dealing at the scale's will be subject to the ESFL grievance procedures.
- F. **Weight Rules** (Applicable to all regularly scheduled season games)

FLAG – Ages 6, 7 and 8

League Age 6, 7 – Maximum weight of 120 lbs

League Age 8 – Maximum weight of 85 lbs

FRESHMAN – Ages 8, 9 and 10

League Age 8, 9 – Maximum weight of 135 lbs

League Age 10 – Maximum weight of 105 lbs

Junior Varsity – Ages 9, 10, 11 and 12

League Age 9, 10 – Maximum weight of 155 lbs

League Age 11 – Maximum weight of 150 lbs

League Age 12 – Maximum weight of 115 lbs

Varsity – Ages 10, 11, 12, 13, no 14-year-old players

League Age 10, 11, 12, 13 – Maximum weight 180 to carry the ball.

League Age 10, 11, 12, 13 – Maximum weight 181 to 215 to play on the offensive line (Center, Guard, Tackle) or defensive line (Tackle, Nose)

-We will mark helmets at the scale to indicate X-Man designation.

-Ball will be spotted dead if ball is touched by X-Man player. (exception is center snapping the ball)

- No more than 4 X-Men maybe be on the defensive line and they must be heads up or inside the offensive tackle.

- **X-men maybe in a 2-point stance or a 3-point stance.**

A weight variance of five (5 lbs) pounds will be allowed for all teams and ages for week four (1) games and beyond.

No 14-year-old players, no exceptions.



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Players weighing 15 lbs over the Maximum weight Shall not at any time be part of the roster (see ART 3,2-1)

Note: League Age is the age the participant is prior to August 1, 2014. Also there is a 5 lbs bump added after the third game week. For example: weight limit increases to 155 lbs for junior varsity 9, 10, 11 age kids.

- G. A weight variance of five (5) pounds will be allowed for all teams and ages after the Third game weigh-in, providing players in violation of weight limits are on the original team roster.
- H. If an error in weight measure is discovered during or after the weigh-in procedure, but prior to the beginning of the ensuing game, the weigh-in can be conducted again at the request of the general manager, president, or registrar for either team involved in the weigh-in, or by the request of a Director of the Eastern Suburban Football League.
- I. The home team shall furnish a beam type scale in good working order, and a certified 50-pound weight to verify working order.
- J. The maximum weight for contact drills and live scrimmages shall not exceed 15 pounds of a players maximum weight limit.
- K. The official weigh in shall be conducted by one specified person from each team. Specified persons shall be defined as Executive Board members or the General Manager/Registrar. Coaches may conduct weigh-ins. However, coaches cannot conduct a weigh-in for the team they coach. ONLY the specified person from each team shall be allowed at the scale during weigh-ins.
- L. All franchises must show by the start of each season that all helmets have been reconditioned and are sent in every two (2) years thereafter for reconditioning. Any helmets that are ten years or older CAN'T NOT BE WORN by any players, this is a safety issue.
- M. Weather – a called game that has been rescheduled MUST follow normal game day weigh-in procedures regardless of time remaining in the called game.

3. TEAM REQUIREMENTS AND REGULATIONS

- A. The highest-ranking ESFL board member in attendance at any home game reserves the right to evict any player, coach, parent or spectator for any conduct unbecoming or which is detrimental to our program.
- B. The home team shall escort the referees from the playing field to their cars at the close of the last game of the day. (Escorts will not be given during half time or between games unless directly requested from the referees.)
- C. The home team shall have an identifiable physician or league qualified paramedic or Certified Athletic Trainer on the field at all times, and such person must be identifiable by wearing an arm band, vest or other recognizable clothing. The paramedic or physician on the sideline who is assigned to the game will make the final decision as to whether or not to allow an injured player to return to the game.
- D. All medical staff certification information must be turned into the ESFL Secretary two weeks prior to the first league playing date. Only League approved certified medics will be allowed to care for players during the game. Once the Executive Board of the League approves the franchise's medic, a League purchased medical armband and/or vest will be distributed to the franchise.
- E. Each team shall have a first aid kit on hand at all games and practices.
- F. Each franchise will make its players and parents or guardians aware that it is up to the individual to protect against the cost of injuries. The League may provide secondary insurance for physical injuries.
- G. Whenever an ambulance or medical personnel not affiliated with a franchise are summoned to attend to an injured player, the Athletic Director of the injured player's franchise shall fill out an injury report form and submit it to the league within 48 hours of the incident. The league shall keep and maintain a summary of injury reports and make those available to each franchise. This summary shall include, at a minimum, the nature of the injury sustained and the anticipated recovery time, and whether the injury occurred at practice or during a game.
- H. Whenever a law enforcement officer or official is summoned to a game for any reason other than an injury or whenever a spectator or other person is ejected from any game, the Athletic Director of the



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franchise shall fill out an incident report detailing the nature of the incident, the primary responsible parties, witnesses and whatever corrective measure were taken by the franchise. Any parent or spectator who is suspended from attending a league or franchise event shall be identified to the league within 48 hours and the league shall transmit the name of the person or person so suspended.

External Correspondence: All external correspondence and franchise websites must contain ESFL logo and ESFL website: www.leaguelineup.com/esfl

- I.
 - a.) Registration Packages
 - b.) External Flyers
 - c.) External Mailing

ARTICLE 4 REGISTRATION AND ROSTER REQUIREMENTS

- 1. **Registrars.** Each member franchise shall have a “Registrar”. The Registrar will be responsible only to his/her own franchise for its teams’ registration and roster requirements prescribed herein the “ESFL Rules”.
- 2. **Rosters**
 - A. **Tackle Football and Flag Football** rosters must include the participants’ uniform number, last name, first name, age, weight, and date of birth. Sort order to be determined following the rules meeting vote of a given season. The league registrar shall NOT distribute a franchise’s rosters with participant’s date of birth on it to our franchises.
 - B. **Cheerleading** rosters must include the participants’ last name, first name, age, and date of birth, sorted alphabetically by last names. The league registrar shall NOT distribute a franchise’s rosters with participant’s date of birth on it to our franchises.
 - C. A \$25 fine will be assessed for each roster (Tackle, Flag and Cheerleading) missing each or any of the following: Participants’ last name, first name, age, and date of birth. Uniform number and weight are also required for all Football Squads. Participants on rosters missing any of this information will be ineligible to participate.
 - D. A \$25 fine will be assessed for each roster (Tackle, Flag and Cheerleading) not sorted per: 2. Rosters A & B.
 - E. No player from any unit shall be named on more than one team roster.
 - F. Each squad shall have a maximum of 45 participants.
 - G. Each roster shall identify one (1) HEAD COACH.
 - H. The full names of all coaches will also be included on the roster.
 - I. No one coach shall be the HEAD COACH of more than one team.
- 3. **Roster Submission**
 - A. **Roster Pre-Acceptance** - Each franchise **MUST** submit their rosters to the League Registrar for “Roster Pre-Acceptance” on the Monday through Wednesday prior to Labor Day Weekend, they will only be accepted until 9:00 pm.
 - a. The ESFL President shall determine the schedule for when franchises will turn in their rosters for “Roster Pre-Acceptance” no later then 2nd Monday of August in a given year.
 - b. The ESFL Registrar will provide each franchise their roster status the Friday prior to Labor Day Weekend, giving the franchises the weekend to make updates prior to roster turn-in.
 - 1. A team may opt not to offer their rosters, for “Roster Pre-Acceptance”, prior to Labor Day Weekend and turn in their rosters at “Roaster Turn-in” the Tuesday after Labor Day. However, any errors or omissions NOT CORRECETED BY FINAL ROSTER TURNIN DAY,



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will not be correctable until the following week. A participant whose documentation is deemed incomplete or incorrect will be subject to ESFL sanctions. (Article 4, Section C and D).

- B. Final Roster Turn-In** will be the Tuesday before the first game between 7:30 pm and 9:00 pm, This is to include all rosters for cheerleading. Only participants, correctly listed and accompanied by the correct documentation, on the roster will be eligible to play At “Roster Turn-In” each franchise shall submit to the League Registrar:
1. An electronic copy of each teams’ rosters (MS Word, Excel, Access)
 2. All COMPLETED “ESFL Participant Registration Forms”
 3. All necessary Birth Certificates attached to the corresponding “ESFL Participant Registration Forms”
 5. A copy of maps to practice fields and home game fields. Individual photographs of each of the players (with the exception of cheerleaders) listed on its roster taken no earlier than three (3) months prior to their submission to the League Registrar which will aid league officials, franchise officials and/or team general managers in readily identifying and determining the eligibility of players at the pre-game weigh-in- PHOTOS MUST BE IN WORD FORMAT
 6. The ESFL copy of all “Coaches Code of Conduct” forms.
- C. Late Roster** – A Roster not submitted by 9:00 p.m. on “Roster Turn-In” night or one week later for cheerleaders will be considered a “Late Roster” and will result in an automatic fine of \$100 per “Late Roster”.
- D. Ineligible Roster** – A Roster not submitted by 11:59pm on “Roster Turn-In” night will be considered an “Ineligible Roster” and will result in that squad’s forfeit of their week 1 game. All fines and referee fees for forfeited game will apply.
- E. Final Rosters** - Franchises may continue to add players up to four (4) weeks after “Roster Turn-In” or at an agreed upon date.
- F. Add Participants** - To add a participant after the “Roster Turn-In” date, the following criteria must be met in order for the participant to be eligible. The participant must have passed a physical exam as recognized by the respective franchise and under gone at least 5 days of conditioning with that franchise prior to participation in a League game. The franchise must notify the *League Registrar* at least five (5) days prior to the first game in which the player participates. The *League Registrar* will notify opposing teams no later than two days before the 1st game in which the new player participates. If your game is scheduled for Saturday, you must have your roster turned in on Monday
4. **Documentation**
- A. ESFL Registration Form** – A document, approved by the ESFL Board of Directors, provided by the ESFL Registrar that includes a waiver of the ESFL’s liability.
- B. Athletic Physical** – A document, signed by authorized medical personnel within the current calendar year, certifying that a given participant is in good health and able participate in all activities related to cheerleading or football.
- C. Birth Certificate** – A legally recognized document, signed by authorized medical personnel, which would demonstrate the player’s physical age.
- D. Parent Guardian Agreement** – A document, approved by the ESFL Board of Directors provided by the League Registrar, that describes the ESFL’s requirements for acceptable parents / guardians behavior.
- E. Participant Code of Conduct** – A document, approved by the ESFL Board of Directors provided by the League Registrar, that describes the ESFL’s requirements for acceptable participant behavior.
- F. Internal Franchise Transfer Form** – A document, approved by the ESFL Board of Directors provided by the ESFL Registrar, that documents the transfer of a participant from one level to another within the same franchise.
- G. ESFL Franchise Transfer Form** – A document, approved by the ESFL Board of Directors provided by the ESFL Registrar, that documents the transfer of a participant from one ESFL franchise to another ESFL franchise.
5. **ESFL Transfer Limit** - There will be a limit of 3 player transfers per season between one franchise to another. More than 3 transfers will require written documentation to be submitted and review by the ESFL executive board.



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- A. Participant Exit Form** – A document, approved by the ESFL Board of Directors provided by the ESFL Registrar, that documents the removal of a participant from a franchises roster.
- B. Required Participant Documentation** - Each franchise “Registrar” is required to obtain and keep on file, and available for inspection at all times, the following completed documents from each rostered participant:
- a) “ESFL Registration Form” (signed copy)
 - b) “Athletic Physical” (signed by authorized medical personnel)
 - c) “Birth Certificate” (copy)
 - d) “Parent Guardian Agreement” (signed copy)
 - e) “Participant Code of Conduct” (signed copy)
 - f) “Internal Franchise Transfer Forms” (when necessary)
 - g) “ESFL Franchise Transfer Form” (when necessary)
 - h) “Participant Exit Form” (when necessary)
- J. Document Request** - All registration documents will be made available within seven (7) days, upon request of the ESFL Executive Board. These documents include: “Athletic Physical”, “Parent Guardian Agreement”, and “Participant Code of Conduct”. Failure to provide documentation within seven (7) days from initial request will be subject to the following sanctions:
- a. \$10.00 Per Participant
 - b. \$10.00 Per Document
 - c. \$100.00 Per Day Late
 - d. Automatic player ineligibility, until documents are provided.
- 6. Transfers**
- A.** Transfers of players from one team to another within a franchise may be made provided there are no violations of any other rule. A player may be transferred only once in any one season. Transfers of players up in weight division will be allowed, also only once, at any time during the League season. If a participant transfers from one level to another within the same franchise, the franchise must submit an “Internal Franchise Transfer Form” to the League Registrar three (3) days prior to the first game the participants is to take part in. The “League Registrar” will then update the rosters affected by said transfer and notify all necessary franchises in the League.
- B.** If a player has previously played for another ESFL franchise the previous year, the new franchise must complete and submit an “ESFL Franchise Transfer Form” to the League Registrar five (5) days prior to the first League playing date.
- a) No intra-league transfers will be allowed after the “Roster Turn-In” date.

ARTICLE 5 PRACTICE RULES

Practice. Practice will not begin prior to five (5) weeks before the first regularly scheduled game. The first week of practice will be, and is intended, for conditioning only. (Example: if a team decided that its practice shall begin four (4) weeks prior to the first League game, it will have one week of conditioning and three (3) weeks of contact).

Prohibited Practice.

1. Prior to the first game, there shall be no practice on one day per calendar week.
2. After the first game, there shall two (2) days per week when there shall be no practice or game. One of these days off shall be the same day of the week throughout the season as determined by each unit.
3. Before the first regular-season game, Franchise's may not schedule more than one “colli-sion” practice in a day.
4. After the first regular-season game, Franchise's may conduct no more than four(4) collision prac-tice days in any week, Monday through Sunday. During other days of practice, players may wear helmets and other protective pads (neither is mandatory). Blocking and tack-ling technique may be taught and practiced. However, full-speed contact is limited to players vs. pads, shields, sleds or dummies.
5. The ESFL week is defined as Monday through Sunday.



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- A “collision” practice is one in which there is live, game-speed, player-vs.-player contact in pads (not walk-throughs) involving any number of players. This includes practices with scrimmages, drills and simulations where action is live, game-speed, player-vs.-player.
- If any part of a drill or scrimmage involves live game-speed player-vs.-player contact in pads, it is a collision practice even if players do not execute full tackles at a competitive pace that takes players to the ground.

Scrimmages.

- A.** Scrimmage between two (2) teams of the same unit is prohibited.
- B** Preseason - One (1) scrimmage session will be allowed with another ESFL franchise within the two (2) weeks prior to the first regularly schedule game.
- C.** In-season – All teams are allowed to participate in one scrimmage per calendar week.
- D.** All scrimmages shall constitute a normal practice session.
- E.** All Scrimmages must be reported to the ESFL Executive Board within One (1) week prior to the scheduled event. **The report must include, date, time, location and Teams participating**
- F.** The ESFL Executive Board shall have the right to prohibit scrimmages that take place with non-ESFL teams.

6. Practice Termination. Only one practice per day is allowed. Prior to the official opening of the season, practices shall not exceed two (2) hours per day. During the regular playing season the practices shall also be limited to two (2) hours per day.

5 Off-season & Summer time Practice Rules

Off-season is defined as from January 1st through April 30th. Summer time is defined from May 1st up to the first official day of ESFL Practice.

Off-season:

- ***NO PRACTICES, GAMES ETC., FORMAL OR INFORMAL SHALL TAKE PLACE FROM JANUARY 1ST THRU MAY 31ST.***
- A maximum hosting of five (5) “Speed & Agility Camps” is allowed during the off-season. These camps cannot include the use of footballs or any equipment other than cleats.
- No organized “seven on seven” practices, flag football leagues or camps shall take place.

Summer time season:

Seven on Seven (7v7) Leagues

- Starting with the 2016 season the ESFL will organize an ESFL “seven on seven” (7v7) league. A separate 7v7 committee will be put together for the 2015 season to create the rules and the organizational structure necessary to support this Summer time season activity.
- If the ESFL doesn’t have enough participates in the 7v7 league then the following rules will apply:
 - o During the summer, A **Maximum** of seven (7) players at one time **may** engage in an organized competition with their coach present for a **Maximum** of seven (7) days. (More than seven (7) players may be present on the sidelines)
 - o In addition, informal activities (with **footballs, helmets, and football shoes, NOT SLEDS, and DUMMIES**) may take place for a maximum of twenty (20) days during the summer as long as no more than seven (7) participants meeting ESFL age and weight requirements are assembled with a football coach of the ESFL, however, ESFL Coaches may participate in Bona Fide Football Skills Camps where more than seven (7) participants meeting ESFL age and weight requirements are participating.



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- a) A Bona Fide Football Camp are those sponsored by institutions or business enterprises including colleges, individual schools or school districts, community school districts, or a Franchise or Franchises of the ESFL
- b) All Camps must be open to participants of all ESFL Franchises and are subject to player equipment limitations of football shoes and helmet. Sleds and dummies may be used at these camps.
- c) Any Camp Sponsored by an ESFL Franchise must give notice of date, time and place of such camp to the ESFL Executive Board at least one (1) month in advance so as to give notice to all franchises. These camps will be published to the ESFL website. (Please provide in electronic format)
- d) All franchise MUST have their insurance current and up to date to participate in any off-season & summer time camps, seven on seven or any activities.

All rules and Regulations concerning summer practices and or “seven on seven” competitions shall follow the rules set forth by MHSAA or USA Football.

ARTICLE 6 SCHEDULING RULES

1. Length.

- A. The season will start based on the agreed upon start date established in President Meeting in January.
- B. A nine (9) game regular season will be played unless agreed upon differently at the Presidents meeting in January.
- C. If there are less than eight (8) teams
- D. **Eight (8) games with a BYE week will be scheduled**
- E. The first game of the season will be considered a PRE-SEASON game and will NOT count toward the league standings.
- F. The team scheduled for the first game will be scheduled for a later game that will count towards the league standings.
- G. If there are eight (8) teams
- H. **Eight (8) games with no BYE week will be scheduled**
- I. The first game of the season will be considered a PRE-SEASON game and will NOT count toward the league standings.
- J. The team scheduled for the first game will be scheduled for a later game that will count towards the league standings.
- K. If there are more than eight (8) teams
- L. Eight (8) games with no BYE week will be scheduled.

2. The home team on the schedule has the ability to schedule their games Saturday or Sunday with Saturday’s game scheduled no later than 5 PM.

A. The home team has three weeks to choose the order of their games and must contact the ESFL and the other franchise President via email and phone.

3. Sunday Games. Sunday games will start at Noon with the exception of franchises with flag teams, those games will start at 1 PM. After time **change, host** teams that have the ability to use lights, must keep start time at 1 pm, with the exception of host teams without a flag team and no lights shall start at noon.

4. Post-Season Tournaments.

- a) Participation in a non-ESFL sanctioned post-season tournament shall be at the discretion of the individual team/teams.
- b) These Post-Season Games/Tournaments are allowed to be played after the current years’ regular scheduled games until December 31 of said year.
- c) All ESFL Yearly Liability ends at the conclusion of the final scheduled ESFL game of the season.

Playoffs

1. Following the completion of a regular season all ESFL teams in the Flag, Freshman, Junior Varsity, and Varsity levels; would participate in Playoffs to compete in a Championship game.
 - a. Teams would be bracketed/seeded in high to low order based on their season record.



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- i. Bracketing/Seeding for all rounds is based on regular season records, head to head play decides tied records, in case of multiple ties and head to head cannot unanimously rank a team, a coin flip would decide.

II Semifinal – Top 4 teams would play to advance onto the Championship game. This would take place in week 9

- 1. Season Rank #1 vs. Season Rank #4
- 2. Season Rank #2 vs. Season Rank #3

- a. Hosting week 9 there will be two (2) hosts sites that will be available for bid by all franchise and determined before the 2014 schedule is out. There will be 4 games at each site . Teams that are hosting may choose Saturday or Sunday. **MUST** be able to get all games in.

DISTRIBUTION OF competition PROFITS

***The host franchise of the competition will have the responsibilities and profits earned as outlined in the ESFL League Fees & Profits Guide.**

- b. There will be a gate fee for the Semi- Finals of \$3.00 for an adult and kids 13 and under are free.

- c. Hosting week 10 the **Championship games MUST be played on Saturday. MUST** be able to get all games in.
- d. All host sites will be able to keep all concession and 50/50 money.
- e. For the Championship game the ESFL will pay for the referees and the trophies by charging at the gate \$6.00 for an adult and a \$3.00 for a child ages 6 and up.
- f. Teams making the championship are responsible for their own medic.
- g. This will give each team 10 games

PROBATION

Any Franchise on probation at the time of the bidding is not allowed to Host any semi-finals or Championship game.

Rotation for hosting semi-finals

Any Franchise that's hosted a semi-finals Games may not host again for the next Two(2) years.

Unless no other franchise is willing to host.

Rotation for Hosting the Championship Game

Any franchise that's hosted a Championship game may not host for next four(4)years.

Unless no other franchise is willing to host.

ARTICLE 7 WEATHER RULES

- 1. **To Play or Not to Play.** The decision as to whether or not a game should be played because of inclement weather shall be in the hands of the officials of both opposing teams. They should consider the welfare of the players when making a decision. Once a decision is rendered, it shall be considered final and received in the spirit of good sportsmanship.
- 2. **Called Games.** A called game before half-time is considered no contest. A game called after the half-time will be considered as the score stands at the time of calling.
- 3. **Rescheduling.** A called game may be rescheduled upon mutual agreement of the teams, coordination with an ESFL executive board member and ESFL head of Referees. An effort on the part of both teams must be made to reschedule a called game within the limitations imposed by previous commitment and as to the rules.



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- 4. **Strike Alert Lightning Detector.** All teams are required to obtain a Strike Alert Lightning Detector and apply its use during all outdoor team events including practices and games. It's to be carried by the Athletic Director or other designated team official responsible for safety. **All events shall be suspended when lightning is detected within a twelve (12) mile radius.** All Franchises must show the ESFL Vice President, at or before "Roster Turn-in" each year, that they have the required detector and that it is in working order.

ARTICLE 8 TEAM COLORS

Franchise	Letters	Pants	Jerseys	Helmets	Level
Barracudas	White	White	Teal	White	All
<i>East Detroit – Tigercats</i>	Gray	Orange w / Black Side Panel	Gray	Orange	All
<i>Eastside – Eagles</i>	Yellow	Purple	Purple	Purple	All
<i>Grosse Pointe – Red Barrons South</i>	White	Black	Red	Black	All
<i>Metro Detroit – Gators</i>	White	White	Teal	White	All
<i>Troy- Cowboys</i>	Green	Black	Black	Black	All
<i>St. Clair Shores – Green Hornets</i>	White	Black	Green	White	All
<i>Sterling Heights – Redskins</i>	Gold	Cardinal	Cardinal	Cardinal	All
<i>Warren – Jets</i>	Green	Green\Black	Green & White	Black	All

If a franchise selects a game uniform combination different than their official team colors they must have an alternate jersey available for games were a conflict may exist. A franchise is NOT required to have the alternate jersey if their uniform combination matches the ESFL official Team colors.



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ARTICLE 9 AWARDS

1. **Team Awards.** All team awards must be consistent with the Amateur Rules of the State of Michigan.
2. **League Awards.** There shall be League awards to teams or individuals. There shall be no All Star Teams. There may be League awards to member organizations.

ARTICLE 10 COMMERCIALIZATION

Exploitation of the Eastern Suburban Football League's program, the League itself, any team individually, or any individual player(s), with the benefit or otherwise to an individual or business, will not be condoned. The sole aim of any contributor, both in time or money, should be to assist youths to learn the sport of football and cheerleading and to practice good sportsmanship. Members who persist in any type of exploitation of the players run the risk of losing their franchise by action of the Board of Directors of the Eastern Suburban Football League.

ARTICLE 11 PENALTIES

1. **Member organizations.** Members failing to comply with the above rules may be fined and/or suspended for each violation at the discretion of the Executive Committee of the Board of Directors of the League after due hearings.
2. **Fines.** Any such fines assessed by the Executive Committee or as stipulated by these rules must be paid at the next regularly scheduled League meeting or an additional penalty will be imposed at the discretion of the Executive Committee.
3. **Eastern Suburban Football League Fines**
 - A. Failure to supply a qualified EMT will result in a \$250 fine.
 - B. Ejection of a coach will result in a minimum \$50 fine for the first time and minimum a one (1) game suspension and the second ejection will result in a \$150 fine and removal from participation with any ESFL franchise for the remainder of the season. Reinstatement to the coaching duties within any ESFL franchise is at the discretion of the ESFL executive board. If the second ejection occurs during the final game of the season, the expulsion will then be in effect for the following season.
 - C. Any team missing a meeting will be fined \$50 during the season and \$25 during the off-season.
 - D. Failure for a team to show for a game will result in a \$250 fine per squad.
 - E. Failure for a team to show for a game will result in a \$250 fine per squad, with the said fine going to the home team to compensate for lost revenue, if the team is at home, then the fines go to the league
4. **Discipline.** Any player or coach who has been expelled from a game for disciplinary reasons will automatically be suspended from participation in the next regularly scheduled game. They will not be allowed on the field of play or near their team bench. It is the responsibility of the Referee Association and the franchise involved to notify the League within 24 hours when either a player or coach is expelled. If a player or coach is expelled more than once during a season, then the Board will expel that said coach or player for the remainder of the season. If such expulsion occurs during the last game of the season, the suspension carries over to the first regularly scheduled game of the next season.
 - a. Failure by the franchise to report within 24 hours to the League one of their own coaches and/or players who have been expelled from a game will result in a \$250 fine.
5. **Player discipline.** A player may practice with his/her unit during the disciplinary period.



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ARTICLE 12 CROWD CONTROL

1. **Spectators.** Each franchise is responsible to keep their spectators a minimum of six (6) feet from the sidelines at both home and away games.
2. **End zones.** No spectators will be allowed to stand in the area of the end zones to observe play.
3. **Tobacco/Alcohol.** No drinking of alcoholic beverages will be allowed by the spectators. The use of tobacco and alcoholic beverages is prohibited on the playing field, benches, sidelines by coaches or any one on or near the field.\
4. **Tailgating.** Tailgating will not be permitted before, during or after ESFL Football Games where concessions are provided. This rule does not apply at professional football stadiums.
5. **ID Tags.** All Board Members, Coaches, Medics, and Field Volunteers must visibly display an ESFL approved field ID Tag. Police/Fireman, Paramedics, Field Custodians, Referees, Players, and Cheerleaders are exempt from this rule. Anybody not meeting one of the exempt categories found on the playing field without an ID Tag must immediately be removed by the home team. In the case of an injury, a parent may be escorted on the field by an identified franchise official.

ARTICLE 13 OTHER REQUIREMENTS

1. **Referees.**
 - A. Penalties should only be called when the infraction gives advantage to the team of the violator or when the infraction may cause injury to the player(s).
 - B. We want the referees and other game officials to feel that they are a part of our instruction staff, both as a technical and sportsmanship aspects of the game.
 - C. All unpleasant incidents and examples of improper coaching should be reported to the chief officials of the League.
 - D. Referees must introduce themselves to both team's General Manager and/or President prior to the start of the freshman game and give their names to both teams.
2. **Members.**
 - A. Make certain that all of your coaches and board members have a copy of these rules.
 - B. Make certain that all of the people in your organization who are active in the presentation of our games have a copy of these rules.
 - C. Each team shall give full support to any League investigation.
 - D. It is required that one (1) franchise official at each site be certified in First Aide and CPR.

Websites

- 1). The ESFL will maintain a website with links to each franchise. The website must be updated weekly during the season and monthly in the off season.
 - a) All schedules will be posted on league website.
 - b) The ESFL must post any and all franchise's camps, clinics, and other items that may be of interest to the other franchisees on the league website.
 - c) If standings are adopted by the ESFL; all game results including scores must be posted within 48 hours following the last game played of the weekend.
 - d) All game results are the responsibility of the HOST franchise.
 - a. They should be emailed by Monday @ 7:00pm using the ESFL Score Report Template otherwise a \$10 per day fine will be assessed to the HOST franchise.
 - b. In addition, a hard copy must be filed with the ESFL secretary at the next ESFL board meeting following the games otherwise a \$25 onetime fine will be assessed to the HOST franchise.
- 2). Any franchise who wishes to have a website must maintain and update the website on a weekly basis during the season and monthly during the offseason and must have a link to the ESFL's website.
 - a) Any franchise website that has not been updated based on the schedule above will be fined \$10 per week.
 - b) If standings are adopted by the ESFL all game results are to be posted on the website within 72 hours of the last game played.



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3) The ESFL as well as all franchises may provide social media to their members and/or franchises; including Facebook, Twitter, etc.

A. All comments or postings on any form of media are to be informative or positive in nature. No negative comments about a team or individual will be tolerated.

- I.** If a negative comment or post is made within the franchises site discipline shall be decided by the franchise.
- II.** If a negative comment or post is made from one franchise to another, the ESFL shall decide the discipline.



CHEERLEADING GUIDELINES

ARTICLE 14

1. Safety

WE WILL FOLLOW THE 2008-2009 NACCC/USASF GENERAL SAFETY GUIDELINES (USASF-LEVEL RULES 1 – 4) REQUIRED CERTIFICATION, BRIEF GUIDELINES * REFER TO 2008-2009 NACCC/USASF GUIDELINES.

- A.** Acceptable Skills- Emphasis is on correct technique, requirements, synchronization, drills and spotting safety
- B.** Acceptable Stunts- Moves only allowed with coaching clinic experienced coach. Coach must be present for performing and teaching of every move.

Level 1 and Level 2 Certified Training

- Refer to USASF Level Rules 1 & 2
- Coaches are to attend a clinic teaching USASF levels 1 & 2 but the clinic does not have to certify the coach as a USASF coach.

Level 3 and Level 4 Certified Training

- Refer to USASF Level Rules 3 & 4
- Coaches are to attend a clinic teaching USASF levels 3 & 4 but the clinic does not have to certify the coach as a USASF coach.

2. Practice Schedules

- A.** Follow football players schedules using them as maximums
- B.** There will be organizations discretion on shortening practice times

3. Squad Ages & Placement

- A.** Mascots- Two Mascots Allowed per squad
 - a.** Ages – 3 and up
 - b.** Only beginning stunts allowed (level 1 certification)
- B.** Pee Wee- Cheer leaders Ages 3-5
 - a.** Acceptance of this age squad is at each franchise discretion
 - b.** Only beginning stunts allowed (level 1 certification)
 - c.** Allowed at both home and away games.
- C.** Flag – Cheerleaders age – 6 thru 8
- D.** Tackle – Cheerleaders ages 6 thru 14
- E.** Guidelines for age to follow ESFL guidelines
 - a.** Eligibility is conditional upon the following: Cheerleaders who are on another cheerleading roster between the dates of August 1st thru November 15th of the given ESFL playing season will not be eligible to cheer for the ESFL.

4. Miscellaneous

- A.** Sports physicals required by all cheerleaders
- B.** Rosters

Each initial team roster must be turned into the cheer division of the ESFL one week after roster turn-in on Tuesday prior to the first (1st) league playing date. Only players on the roster will be eligible to CHEER. Franchises may continue to add players up to three (3) weeks after this date. Rosters will then be considered final, except for players transferring from one squad to another within age guidelines during the season.

 - a.** Birth certificate: Required
 - b.** ESFL consent, disclaimer of liability and indemnification agreement, players code of conduct: To be signed and dated for calendar season on file.



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5. **Half Time Shows**
 - A. Welcome cheer is to be done by the visiting team first and then the home team to follow
 - B. Half time show is to be no longer than 6 minutes **including** the welcome cheer and the dance for the home team.
 - C. Half time show is to be no longer than 4 minutes **including** the welcome cheer and the dance routine for the visiting team
 - D. The home team has the option of using the entire half time for the Homecoming festivities. The home team is required to give 1 week notice to the opposing team that they will not be able to participate in half time.
6. Spirit day optional per ESFL Cheer committee
7. At least one representative from each city for ESFL committee
 - A. A \$25.00 fine will be charged for any missed meeting
8. Same Side line Cheering
 - A. No over cheering will be tolerated
 - B. Each city will set up on their cheer squads between their respective 30 and 40 yard lines unless there is no track for the girls to cheer on and then it is up to the city to place the girls in a reasonable, equal location
 - C. There is absolutely no compete cheering between the cities (i.e. "we got spirit) although the teams may do it with their own fans
9. If a franchise finds a suitable cheer competition, and the ESFL board approves their entry, the ESFL will approve their participation and cover under the ESFL insurance.
10. Professional stadium games:
 - A. Each city will have the option to do a dance routine. Dance routines will be limited to no more than three minutes including the welcome cheer
 - B. Scheduling for halftime routines will run as it would for a normal field game with the visiting team performing first, followed by the home team.
 - C. As a courtesy, cities that choose to perform a dance routine should give the opposing team one week's notice prior to the stadium game.
11. Anyone running for ESFL Cheer Chairperson must have at least on year of coordinator experience with the league
12. Conduct
 - a. Unsportsmanlike conduct- is defined in the Coaches code of conduct & ESFL parent / guardian agreement, and player code of conduct. Unsportsmanlike conduct- offense could result in cheerleader being removed from the cheering squad at the game.
 - b. Continued Unsportsmanlike conduct- Repeat offenses could result in a suspension from the cheerleading squad or dismal from the squad.
 - c. Ejection- If participant is ejected from a squad refer to the Coaches code of conduct & ESFL parent / guardian agreement, and player code of conduct.
13. If a rule is not covered under the Article 14 cheerleading Guidelines: Refer to the NACCC (National All Star Cheerleading Coaches Congress) / USASF (U.S. All Star Federation for Cheer & Dance) General Safety Guidelines (rev.12/28/05) * attached
14. USASF GLOSSARY – 2008-2009 **ATTACHED

ARTICLE 15

FLAG FOOTBALL RULES

Refer to the Official ESFL Flag Rule Book.



eastern suburban football league

Rev 1.4 Rules

These rules have been approved as accurate by:

Signature

Date

Pete O'Donnell – ESFL President

Gary Abernathy – ESFL Vice President

ESFL Secretary

Ruth Tronccone – ESFL Treasurer

Steve Cosart – ESFL Roster Committee

These rules were received by :

Print

Signature

Date

Barracudas

East Detroit Tiger cats

Eastside Eagles

Grosse Pointe South

Metro Detroit Gators

Troy Cowboys

St. Clair Shores Green Hornets

Sterling Heights Redskins

Warren Jets